

3RD/4TH GRADE GIRLS BASKETBALL RULES



WESTFIELD YOUTH SPORTS

1. Standard IHSAA rules will be followed with the following exceptions.
2. Games will consist of four 8 minute quarters with a running clock. Clock will only stop on free throws and the last minute of the 1st and last 2 minutes of the 2nd half on a whistle. Start all games on time and allow 1 minute between quarters with a 3 minute halftime. Score will be kept and in the event of a tie, during the regular season, the last 10 kids playing at the clock expiration will do a free throw shoot-out. The team that makes the most of the 5 free throws will win the game. Continue this drill until you have a winner, however on the third OT Shoot-out a sudden death situation will occur. Tournament games, however, will be played out in 2 minute OT quarters, doing a jump ball at the start of each overtime quarter.
3. Possession arrow will determine the alternating possessions at start of quarters after the jump ball at the start of a game. Games will be played 5 on 5 with a 28.5" basketball on a 10' foot goal.

Players will foul out after 5 fouls. During the *regular season only*, a team must be able to field a team of 5 players. If foul trouble forces a team under 5 players, players may remain in the game. In that situation, any additional fouls (after 5 fouls) by the fouled out player will be a technical foul.

4. **SUBSTITUTIONS:** The referee will call for time close to the 4 minute mark of each quarter, when there's a break in play, and will stop the clock to allow for substitutions. Substitutions must be completed within 30 seconds, at which time the referee will start the game back up. Coaches may substitute a player at other times (*for injury or foul trouble*) and only when the referee indicates the player may enter the game.
5. **PLAYING TIME:** Playing time should be balanced amongst the players present. If during the course of a game, a player gets injured or in foul trouble, then this requirement is waived for that player. Each player should be given the opportunity to play each position, if desired, throughout the regular season, but this will be at the discretion of each coach. At the end of the year all players should have played roughly the same amount of time per game attended. *Referees are not time keepers, coaches should be responsible and accountable for balanced playing time!*
6. **OFFENSE:** It is a violation to travel or double dribble, both result in a turnover. The referees will use their discretion early in the season calling these violations. Coaches will be given 3 timeouts per game, but cannot use more than 2 per half. One additional timeout is awarded per team per overtime period played. During the regular season, 3-5 seconds in the lane will be given. During the tournament, the 3 second violation will be enforced. Bonus and Double Bonus are in affect. The free throw shooter and any player(s) outside the 3 point line must wait for the ball to hit the rim on free throws, all other players are on the release.

Players should not be encouraged to force the action if they do not have a clear advantage. Coaches should teach setting up an offense if there is not a breakaway situation.

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7. **DEFENSE:** No zone defenses at this age but the defensive team is NOT required to guard outside of the 3 point arch. Play Man-2-Man with allowed switching and/or recovering from a pick or fast break. During the last 2 minutes of the game (regular or OT) all IHSA basketball rules apply (Traps, Press, Zones, etc.). If the defensive team has a 10+ point lead then no pressing can occur as long as the double-digit lead remains in effect. Players cannot double team. The double team violation will get enforced more as the season continues, the first time a double team violation occurs there is a warning followed by a technical foul for any additional violations.
8. Referees have the final say in all disputes and are given authority to kick players, coaches and parents out of a gym or potentially forfeit a game if they think it's in best interest of the league. Don't put the Referee in a position to do this as they will be backed up by the WYSI Basketball Commissioner.
9. Every Coach, Parent, and Player has agreed to follow the WYSI Code of Conduct (<http://www.wysi.net> →About →Bylaws and Policies → Read the Policies and Procedures →Section 2). Coaches will present a safe, friendly environment for the players. Coaches will control their behavior and present good sportsmanship, this includes a responsibility to remind their fans to exhibit good sportsmanship. Confrontation amongst players, parents, and/or coaches will not be tolerated and will be subject for removal. The goal of the WYSI program is to provide a fun and competitive league that develops a player's skill level.
10. Each team will provide one parent to run the scoreboard or scoring book.
11. Only players and coaches are allowed on the gym during practice and games. No parents or siblings will be allowed to shoot around or dribble in the gym during practices or games.